

# Meals

## Meals at the Center

Noon meals are served at all six Senior Centers on a suggested contribution basis.

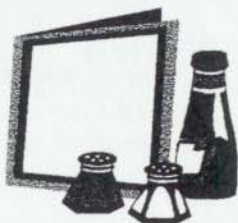
Modified diets are available. Anyone wishing to eat at a Senior Center must make advance reservations.

## Home-Delivered Meals

Noon meals are available to home-bound seniors throughout Saunders County.

Meals are paid on a suggested contribution basis.

Modified diets are available.



## Saunders County Senior Centers

### Ashland.....944-7627

123 North 14th Street  
Ashland, Ne. 68003  
Monday, Wednesday, Friday  
9 a.m. - 3 p.m.

### Cedar Bluffs.....628-8101

124-6 Main Street  
Cedar Bluffs, Ne. 68015  
Monday, Wednesday, Friday  
9 a.m. - 3 p.m.

### Ceresco.....665-6711

217 Second Street  
Ceresco, Ne. 68017  
Monday, Wednesday, Friday  
9 a.m. - 3 p.m.

### Valparaiso.....784-2233

312 Pine  
Valparaiso, Ne. 68065  
Tuesday, Thursday  
9 a.m. - 3 p.m.

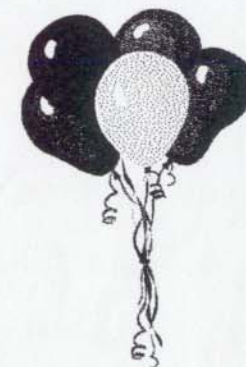
### Wahoo

### Senior Diner .....443-4887 Senior Center.....443-4463

235 E. 4th Street  
Wahoo, Ne. 68066  
Monday Through Friday  
8 a.m. - 5 p.m.

Yutan.....628-8801  
411 First Street  
Yutan, Ne. 68073  
Tuesday, Thursday, Friday  
9 a.m. - 3 p.m.

# Saunders County Senior Services Program



754 West 9<sup>th</sup> Street  
Wahoo, Ne.  
68066  
402-443-4603



## Services available at the Senior Center

- ◇ Transportation
- ◇ County Health Nurse Screenings
- ◇ Visiting
- ◇ Telephone Reassurance
- ◇ Volunteer Opportunities
- ◇ Referral
- (Nebraska Health Insurance Information Counseling & Assistance Program)
- ◇ NICA Counseling
- ◇ Hearing Aid Consultations

## Activities Available at the Senior Centers

- ◇ Recreation
  - Cards, Bingo, Quilting,
  - Pool, Games
- ◇ Video Programs
- ◇ Educational Speakers
- ◇ Intergenerational Activities
- ◇ Tours/Trips
- ◇ Arts & Humanities Programs
- ◇ County-Wide Activities
  - Volunteer Recognitions
  - Day Camp
  - Games Day
  - Roast Beef Dinner

## Senior Companion Program

The Senior Companion Program encourages independence by visiting older persons in their homes. It also improves the quality of life for older persons who are physically and mentally challenged. It provides older persons with one-to-one personal & support services.

## Long Term Care Ombudsman Advocate Program

An Ombudsman Advocate acts as an advocate for residents of Nursing Homes by investigating any concerns of the resident and mediate on behalf of the resident to resolve the complaint to the resident's satisfaction.

## NICA Program

Provides information and counseling to older Nebraskans regarding Medicare, Medicaid, and Health Insurance.